



Apple-Butter Ice Cream with Ginger-Chocolate Ganache

READY IN



45 min.

SERVINGS



45

CALORIES



50 kcal

Ingredients

- ☐ 0.3 cup spiced apple butter
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 2 tablespoons ginger fresh finely grated
- ☐ 45 servings gingersnaps for serving
- ☐ 0.3 cup heavy cream
- ☐ 1 pint whipped cream

Equipment

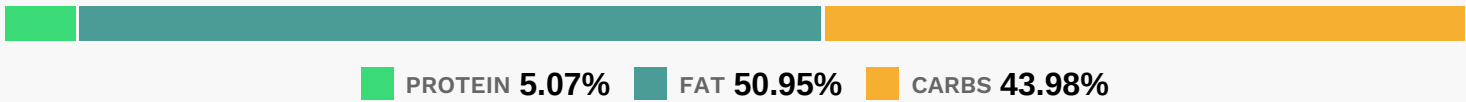
- ☐ bowl

- ☐ whisk
- ☐ sieve
- ☐ microwave
- ☐ spatula

Directions

- ☐ Soften the vanilla ice cream in the microwave at high power for 10 seconds.
- ☐ Transfer the softened ice cream to a medium bowl and flatten it with a rubber spatula.
- ☐ Spread the apple butter on top and fold the ice cream over the apple butter 2 or 3 times. Freeze the ice cream until it is firm, about 40 minutes.
- ☐ Meanwhile, in a microwave-safe bowl, melt the chopped chocolate at high power in 10-second bursts.
- ☐ Whisk the heavy cream into the chocolate.
- ☐ Put the grated ginger in a fine strainer set over the chocolate ganache and press to extract as much of the ginger juice as possible.
- ☐ Whisk the ginger juice into the chocolate ganache.
- ☐ Scoop the apple-butter ice cream into bowls, drizzle with the ginger-chocolate ganache and serve with gingersnaps.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:1.48, Inflammation Score:-1, Nutrition Score:1.034782614073%

Nutrients (% of daily need)

Calories: 50.37kcal (2.52%), Fat: 2.87g (4.41%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.23g (1.9%), Sugar: 4.15g (4.61%), Cholesterol: 6.77mg (2.26%), Sodium: 15.04mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Manganese: 0.06mg (2.85%), Phosphorus: 19.72mg (1.97%), Copper: 0.04mg (1.97%), Vitamin B2: 0.03mg (1.95%), Calcium: 17.3mg (1.73%), Magnesium: 6.74mg (1.68%), Vitamin A: 71.92IU (1.44%), Iron: 0.24mg (1.35%), Fiber: 0.33g (1.34%), Potassium: 43.54mg (1.24%), Zinc: 0.15mg (1.01%)